

The Idaho Fish Consumption Advisory Project (IFCAP) helps you to safely choose, prepare and eat fish from Idaho waters. IFCAP tests fish from different bodies of water for pesticides, some chemicals and heavy metals.

A fish advisory does not mean you should stop eating fish from your favorite lake or river. It simply means that you should monitor the amount of certain kinds of fish that you eat. For more information call us toll-free at 1-866-240-3553.



IDAHO DEPARTMENT OF
HEALTH & WELFARE

Idaho Fish Consumption Advisory Project
P.O. Box 83720
Boise, ID 83720-0036

Store Bought Advisory

The Environmental Protection Agency (EPA) and the Food and Drug Administration (FDA) have issued a joint advisory for young children, and women who are pregnant, nursing, or planning to become pregnant. They recommend that these women and children do not eat shark, swordfish, king mackerel, or tilefish. Other EPA and FDA recommendations include:

- Do eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury --like shrimp, canned light tuna, salmon, pollock, and catfish.
- Do eat ONLY 6 ounces (one average meal) of albacore tuna a week, because albacore ("white") tuna has higher levels of mercury.

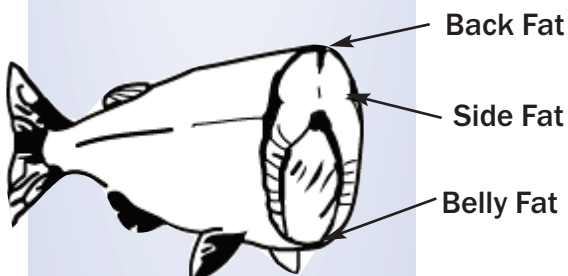
General Recommendations

- Consume younger, smaller fish (within legal limits). They usually contain fewer pollutants than older, larger fish.
- Avoid eating bottom fish such as catfish, carp, or sucker. They feed at the bottom of water bodies and are more likely to contain higher levels of chemical contamination.
- Remember that fresh meat should always be handled properly. To prevent the growth of bacteria or viruses, keep freshly caught fish on ice and out of direct sunlight.

Cooking and Cleaning Fish

Proper cooking and cleaning can further reduce your exposure to the contaminants that may be in fish. Recommendations include:

- When you clean fish, remove the skin, fat, and internal organs before you cook it to reduce the amount of some pollutants.
- Grill, bake or broil fish so that the fat drips off while cooking.


































For more information, please contact:

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Idaho Fish Consumption Advisory for Selected Idaho Waters

Safe Fish Eating Guidelines

	Pregnant women, women who are nursing or planning to become pregnant Do Not Eat More Than:	Children under the age of 7 years Do Not Eat More Than:	General public (people not in the first two groups) Do Not Eat More Than:
American Falls Reservoir  Utah sucker  Utah chub  trout	2 meals a month of small-mouth bass or Utah sucker 4 meals a month of Utah chub 6 meals a month of trout	1 meal a month of small-mouth bass or Utah sucker 2 meals a month of Utah chub 4 meals a month of trout	7 meals a month of small-mouth bass or Utah sucker  smallmouth bass
Brownlee Reservoir  crappie  carp  perch  smallmouth bass  catfish	2 meals a month of crappie, carp, smallmouth bass, or perch 3 meals a month of catfish 6 meals a month of rainbow trout	1 meal a month of crappie, carp, smallmouth bass, or perch 2 meals a month of catfish 3 meals a month of rainbow trout 5 meals a month of sucker  rainbow trout	6 meals a month of small-mouth bass 7 meals a month of crappie or perch 8 meals a month of carp  sucker
C.J. Strike Main Reservoir  smallmouth bass  rainbow trout	6 meals a month of small-mouth bass  rainbow trout	4 meals a month of small-mouth bass 5 meals a month of rainbow trout	No consumption restrictions
East Mill Creek cutthroat  cutthroat  brook trout	No consumption restrictions  brook trout	6 meals a month of Yellowstone cutthroat and brook trout	No consumption restrictions
Jordan Creek redband trout  redband trout	2 meals a month of redband trout	2 meals a month of redband trout	7 meals a month of redband trout

	Pregnant women, women who are nursing or planning to become pregnant Do Not Eat More Than:	Children under the age of 7 years Do Not Eat More Than:	General public (people not in the first two groups) Do Not Eat More Than:
Lake Lowell  sucker  carp  smallmouth bass	3 meals a month of sucker 4 meals a month of carp 5 meals a month of small-mouth bass	22 meals a month of sucker or carp 3 meals a month of small-mouth bass 5 meals a month of large-mouth bass 7 meals a month of bluegill	No consumption restrictions  largemouth bass
Lake Pend Oreille  lake trout	2 meals a month of Lake trout 4 meals a month of Whitefish	1 meal a month of Lake trout 2 meals a month of Whitefish.  whitefish	8 meals a month of Lake trout
Priest Lake  lake trout	4 meals a month of Lake trout	2 meals a month of Lake trout	No consumption restrictions
Salmon Falls Creek Reservoir  walleye  perch  smallmouth bass	2 meals a month of walleye, smallmouth bass, or perch 4 meals a month of kokanee	1 meal a month of walleye, smallmouth bass, or perch 3 meals a month of kokanee 8 meals a month of rainbow trout  kokanee	6 meals a month of walleye or bass 8 meals a month of perch  rainbow trout
Silver Creek  brown trout	2 meals a month of brown trout	2 meals a month of brown trout	7 meals a month of brown trout
Lake Coeur d'Alene	Everyone should limit the amount of fish they eat from Lake Coeur d'Alene(CdA). Please see the separate Lake CdA advisory for more information.		

**Pregnant women,
women who are
nursing or planning to
become pregnant**

Do Not Eat More Than:

2 meals a month of crappie, carp, smallmouth bass, or perch

3 meals a month of catfish

6 meals a month of rainbow trout

Brownlee Reservoir



crappie



carp



perch



smallmouth bass



catfish

**Children
under the age
of 7 years**

Do Not Eat More Than:

1 meal a month of crappie, carp, smallmouth bass, or perch

2 meals a month of catfish

3 meals a month of rainbow trout

5 meals a month of sucker



rainbow trout

**General public
(people not in the first
two groups)**

Do Not Eat More Than:

6 meals a month of smallmouth bass

7 meals a month of crappie or perch.

8 meals a month of carp



sucker

**Click small
map to go
back to
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**Pregnant women,
women who are
nursing or planning to
become pregnant
Do Not Eat More Than:**

**American Falls
Reservoir**

2 meals a month of small-
mouth bass or Utah sucker

4 meals a month of Utah
chub

6 meals a month of trout



Utah sucker



Utah chub



trout

**Children
under the age
of 7 years**

Do Not Eat More Than:

1 meal a month of small-
mouth bass or Utah sucker

2 meals a month of Utah
chub

4 meals a month of trout

**General public
(people not in the first
two groups)**

Do Not Eat More Than:

7 meals a month of small-
mouth bass or Utah sucker



smallmouth bass

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**C.J. Strike
Main Reservoir**



smallmouth bass

**Pregnant women,
women who are
nursing or planning to
become pregnant**

Do Not Eat More Than:

6 meals a month of small-
mouth bass



rainbow trout

**Children
under the age
of 7 years**

Do Not Eat More Than:

4 meals a month of small-
mouth bass

5 meals a month of rain-
bow trout

**General public
(people not in the first
two groups)**

Do Not Eat More Than:

No consumption
restrictions

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**Pregnant women,
women who are
nursing or planning to
become pregnant**

Do Not Eat More Than:

No consumption
restrictions

East Mill Creek



cutthroat

**Children
under the age
of 7 years**

Do Not Eat More Than:

6 meals a month of
Yellowstone cutthroat and
brook trout



brook trout

**General public
(people not in the first
two groups)**

Do Not Eat More Than:

No consumption
restrictions

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Jordan Creek



redband trout

**Pregnant women,
women who are
nursing or planning to
become pregnant**

Do Not Eat More Than:

2 meals a month of
redband trout

**Children
under the age
of 7 years**

Do Not Eat More Than:

2 meals a month of
redband trout

**General public
(people not in the first
two groups)**

Do Not Eat More Than:

7 meals a month of
redband trout

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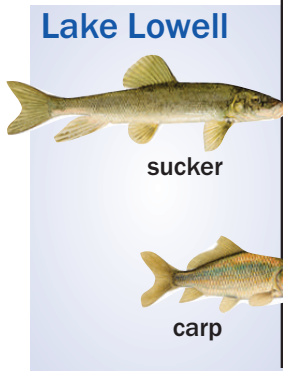
**Pregnant women,
women who are
nursing or planning to
become pregnant**

Do Not Eat More Than:

3 meals a month of sucker

4 meals a month of carp

5 meals a month of small-
mouth bass



sucker



carp



smallmouth bass

**Children
under the age
of 7 years**

Do Not Eat More Than:

2 meals a month of sucker
or carp

3 meals a month of small-
mouth bass

5 meals a month of large-
mouth bass

7 meals a month of bluegill

**General public
(people not in the first
two groups)**

Do Not Eat More Than:

No consumption
restrictions



largemouth bass

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back to
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Lake Pend Oreille



lake trout



whitefish

**Pregnant women,
women who are
nursing or planning to
become pregnant**

Do Not Eat More Than:

2 meals a month of Lake
trout

4 meals a month of
Whitefish

**Children
under the age
of 7 years**

Do Not Eat More Than:

1 meal a month of Lake
trout

2 meals a month of
Whitefish

**General public
(people not in the first
two groups)**

Do Not Eat More Than:

8 meals a month of Lake
trout

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back to
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Priest Lake



lake trout

**Pregnant women,
women who are
nursing or planning to
become pregnant**

Do Not Eat More Than:

4 meals a month of Lake
trout

**Children
under the age
of 7 years**

Do Not Eat More Than:

2 meals a month of Lake
trout

**General public
(people not in the first
two groups)**

Do Not Eat More Than:

No consumption
restrictions

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back to
larger map**



**Pregnant women,
women who are
nursing or planning to
become pregnant**

Do Not Eat More Than:

2 meals a month of walleye, smallmouth bass, or perch

4 meals a month of kokanee



walleye



perch



kokanee



smallmouth bass

**Children
under the age
of 7 years**

Do Not Eat More Than:

1 meal a month of walleye, smallmouth bass, or perch.

3 meals a month of kokanee

8 meals a month of rainbow trout



rainbow trout

**General public
(people not in the first
two groups)**

Do Not Eat More Than:

6 meals a month of walleye or bass

8 meals a month of perch

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back to
larger map**



Silver Creek



brown trout

**Pregnant women,
women who are
nursing or planning to
become pregnant**

Do Not Eat More Than:

2 meals a month of brown
trout

**Children
under the age
of 7 years**

Do Not Eat More Than:

2 meals a month of brown
trout

**General public
(people not in the first
two groups)**

Do Not Eat More Than:

7 meals a month of brown
trout




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Idaho Fish Consumption Advisory for Lake Coeur d'Alene

Fish samples taken from the lake in 2002 detected lead, mercury, and arsenic at levels that may affect certain people's health. Pregnant women, breastfeeding mothers, children under 6-years-old and members of the general public are advised to limit the number of kokanee, bullhead, and bass they eat from Lake Coeur d'Alene.

In a month, you should eat no more than:

Fish	General Population	Pregnant & Nursing Women	Children 6 Years Old and Younger
KOKANEE 	12 gutted whole fish meals 20 fillet meals	10 gutted whole fish or fillet meals	6 gutted whole fish or fillet meals
BULLHEAD* 	<i>All people are advised to eat Bullhead fillets rather than gutted, whole fish.</i>		
Northern Lake	20 gutted whole fish meals or 69 fillet meals	4 gutted whole fish meals or 24 fillet meals	3 gutted whole fish meals or 14 fillet meals
Central Lake	8 gutted whole fish meals or 14 fillet meals	2 gutted whole fish meals or 13 fillet meals	No gutted whole fish meals or 7 fillet meals
Southern Lake	33 gutted whole fish meals or 61 fillet meals	13 gutted whole fish meals or 15 fillet meals	8 gutted whole fish meals or 9 fillet meals
BASS 	13 gutted whole fish meals or 26 fillet meals	5 gutted whole fish meals or 5 fillet meals	3 gutted whole fish meals or 3 fillet meals
Northern Lake	15 gutted whole fish meals or 26 fillet meals	6 gutted whole fish meals or 5 fillet meals	3 gutted whole fish meals or 3 fillet meals
Central Lake	11 gutted whole fish meals or 26 fillet meals	9 gutted whole fish meals or 5 fillet meals	5 gutted whole fish meals or 3 fillet meals
Southern Lake			

*People with increased blood lead levels or living in an area with high concentrations of lead in their yard soil or house dust should eat less whole Bullhead than suggested in this advisory. **This is especially true for children and pregnant women.**

Other Fish

Not all fish from the lake were sampled and tested for metals. Bass, kokanee and bullhead are similar to many fish found in the lake. It is possible that other species of fish in Lake Coeur d'Alene have higher levels of arsenic, lead and mercury. The following table lists other types of fish found in the lake that are similar to the fish that were sampled. The same fish consumption guidelines should be followed for these fish.

	Bass	Kokanee	Bullhead
Species similar in behavior to those tested	Largemouth and Small-mouth Bass, Northern Pike, Chinook Salmon, Large (over 8 inches) Crappie and Perch, Northern Pikeminnow	Bluegill, Small (less than 8 inches) Crappie and Perch, Pumpkinseed, Rainbow Trout, Brook Trout, Cutthroat Trout, Tench	Channel Catfish and Suckers.

The Idaho Fish Consumption Advisory divides Lake Coeur d'Alene into the following three regions:



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